

Skillet Lasagna

Rating: ★★★★★

Makes: 8 Servings

Ingredients

8 lasagna noodles (or 4 cups of any other type of pasta, uncooked)
 1 carton ricotta cheese, part-skim 15 ounces (or cottage cheese)
 1/2 cup Parmesan cheese (grated)
 1 1/4 tablespoons Italian seasoning
 1 package spaghetti sauce, low-sodium (24 ounces)
 1 package frozen spinach, thawed & squeezed dry (10 ounces, or chopped broccoli)
 2 cups mozzarella cheese, part-skim shredded

Directions

1. Cook the noodles as directed on the package. Drain and set aside.
2. In a small bowl, mix the ricotta cheese, 1/4 cup Parmesan cheese, and Italian seasoning.
3. Do NOT turn on stove top until all layers have been added.
4. Spread half of the jar of sauce in an ungreased deep-dish skillet. Top with half the cooked noodles (4 lasagna noodles).
5. Spread half of the cheese mixture over the noodles. Top with half the spinach or broccoli.
6. Sprinkle half the mozzarella cheese over the vegetables.
7. Repeat with the remaining noodles, the remaining cheese mixture, the remaining sauce, the vegetables, and

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	479	
Total Fat	16 g	25%
Protein	25 g	
Carbohydrates	54 g	18%
Dietary Fiber	6 g	24%
Saturated Fat	8 g	40%
Sodium	366 mg	15%

MyPlate Food Groups

Vegetables	3/4 cup
Grains	1 1/2 ounces
Dairy	1 1/4 cups

the remaining mozzarella cheese.

8. Sprinkle with the rest of the Parmesan cheese. Cover.

9. Turn on the stove top to medium-low until the cheese is melted (approximately 20 minutes). Allow to stand for 5 minutes before serving.

10. Refrigerate leftovers.

Colorado State University and University of California at Davis. Eating Smart Being Active Recipes.